

Air-Fried Tilapia with Parmesan Crust

Makes 4 servings

½ cup grated Parmesan cheese

½ cup panko bread crumbs

1 teaspoon dried oregano

1 egg

4 tilapia fillets (4 ounces each)

1. Preheat air fryer to 400°F. Line basket with foil or parchment paper; spray with nonstick cooking spray.
2. Combine Parmesan cheese, bread crumbs and oregano in medium bowl; toss to blend. Whisk egg in small bowl. Dip fish in egg; then in Parmesan mixture. Place in prepared basket.
3. Cook in batches 8 to 10 minutes or until crust is golden brown and fish begins to flake when tested with fork.

Courtesy: Joella Morris